IN THE SPECIFICATION:

Please rewrite the paragraph beginning on page 1, line 9 as shown in the following amended paragraph:

The use of weights and other forms of resistance for weight training is well-known. Typically, a desired resistance for weight training is produced by loading a standard ~~olympic~~ barbell with standard ~~olympic~~ free weights or by selecting a desired weight resistance on a cable-type weight training apparatus. Generally, increments of less than one and one quarter pounds are not available for adjusting the weight resistance of a standard ~~olympic~~ barbell, and increments of less than five pounds are not available for adjusting the weight resistance of a cable-type weight training apparatus. Accordingly, while incremental weight systems for weight training have been disclosed, the smallest weight increment available for adjusting a desired exercise resistance is typically at least one and one quarter pounds.

Please rewrite the paragraph beginning on page 2, line 3 as shown in the following amended paragraph:

Commercially available weight lifting products such as the PlateMate® Hex and the PlateMate® Donut, which are available in increments ranging in weight from 5/8 pounds to 2.5 pounds, have been designed to address this problem. The vendor advocates that strength training with such incremental increases is a smarter and safer way to successful strength training that allows weight lifters to break through "the plateau" to achieve the highest level of success in weight training. However, the lowest available PlateMate® weight increment of 5/8 pounds is too large of a weight increase for most adult muscle groups, and is certainly too large of an increase for both children and persons rehabilitating injuries. Furthermore, if the lowest PlateMate® increment is to be used with a standard ~~olympic~~ barbell, a weight lifter must increase exercise resistance by two times 5/8 pounds or by one and one quarter pounds. As previously discussed, this is a substantial increase in exercise resistance, and a weight lifter risks muscle, tendon, and/or ligament injury by undertaking such a large increase.

Please rewrite the paragraph beginning on page 3, line 18 as shown in the following amended paragraph:

According to one aspect of the invention, an incremental weight system adapted for use in weight training comprises a plurality of incremental weights ranging in weight from about one quarter-ounce to about thirty two-ounces. Each incremental weight comprises a thin disk having a center opening adapted to receive a standard ~~olympic~~ barbell and a slot adapted to receive a weight-bearing cable of a cable-type weight training apparatus.

Please rewrite the paragraph beginning on page 3, line 24 as shown in the following amended paragraph:

According to another aspect of the invention, an incremental weight training apparatus comprises a standard ~~olympic~~ barbell, a set of standard ~~olympic~~ free weights, and a plurality of incremental weights ranging in weight from about one quarter-ounce to about thirty two-ounces. Each incremental weight comprises a thin disk having a center opening adapted to receive the standard ~~olympic~~ barbell and a slot extending from the center opening to the perimeter of the disk.

Please rewrite the paragraph beginning on page 4, line 3 as shown in the following amended paragraph:

According to another aspect of the invention, an incremental weight having a weight of about one quarter-ounce is adapted for use with both a standard ~~olympic~~ barbell and a cable-type weight training apparatus.

Please rewrite the paragraph beginning on page 4, line 6 as shown in the following amended paragraph:

In accordance with another aspect of the invention, an incremental weight having a weight of about one half-ounce is adapted for use with both a standard ~~olympic~~ barbell and a cable-type weight training apparatus.

Please rewrite the paragraph beginning on page 4, line 9 as shown in the following amended paragraph:

In accordance with yet another aspect of the invention, an incremental weight having a weight of about one-ounce is adapted for use with both a standard ~~olympic~~ barbell and a cable-type weight training apparatus.

Please rewrite the paragraph beginning on page 4, line 27 as shown in the following amended paragraph:

FIG. 2 is a perspective view of an incremental weight of the invention used in conjunction with a standard ~~olympic~~ barbell weight training apparatus;

Please rewrite the paragraph beginning on page 7, line 5 as shown in the following amended paragraph:

The weight system in accordance with the invention allows for a wide variety of incremental increases. For example, if a one half-ounce increase in exercise intensity is desired, a one quarter-ounce disk can be added to each side of a standard ~~olympic~~ barbell weight training apparatus. Alternatively, if a cable-type weight apparatus is being used for weight training, a one half-ounce increase in exercise intensity is obtained by adding a one half-ounce disk to the weight bearing cable of the cable-type weight training apparatus. Similarly, a one-ounce increase in exercise intensity in accordance with the invention is obtained by using two one half-ounce disks with a standard ~~olympic~~ barbell weight training apparatus, or by adding a one-ounce disk to a weight bearing cable of a cable-type weight training apparatus.

Please rewrite the paragraph beginning on page 7, line 25 as shown in the following amended paragraph:

In FIG. 1, a perspective view of an incremental weight **10** according to the invention is shown. Each incremental weight **10** comprises a thin disk having a center opening **20** adapted to receive a standard ~~olympic~~ barbell and a slot **30** adapted to receive a weight-bearing cable of a cable-type weight training apparatus. The incremental weights according to the invention are generally thin, ranging in thickness from approximately 0.005 inches to approximately 0.75 inches.

Please rewrite the paragraph beginning on page 7, line 31 as shown in the following amended paragraph:

From FIG. 2, it can be understood how the weights according to the invention are used in conjunction with a standard ~~olympic~~ barbell weight training apparatus. A standard ~~olympic~~ barbell weight training apparatus **50** further including an incremental weight **10** in accordance with the invention is shown. While only one incremental weight **10** is depicted as being used in combination with the standard ~~olympic~~ barbell weight training apparatus **50** it should be noted that the weights in accordance with the invention can be combined in any manner to produce a desired increase in exercise intensity. For example, if a person increases the intensity of an exercise by four ounces during a first workout with a standard ~~olympic~~ barbell weight training apparatus, and would like to increase the exercise intensity by an additional three-ounces for a subsequent workout, the total increase from the starting weight would be seven ounces. A seven ounce increase can be obtained by adding a two-ounce incremental weight, a one-ounce incremental weight, and a one half-ounce incremental weight to each side of the standard ~~olympic~~ barbell weight training apparatus.

Please rewrite the paragraph beginning on page 8, line 29 as shown in the following amended paragraph:

When the incremental weights according to the invention are used in conjunction with an ~~olympic~~ barbell weight training apparatus, the incremental weights must be accurately and precisely machined to the weight specified to be of maximum utility. Further, the incremental weights should be used with a set of standard, matched ~~olympic~~ free weights in order to be of maximum utility. When all of the weights are evenly matched (*i.e.*, having a high degree of weight precision), a user can be sure that a desired incremental increase in exercise resistance is obtained and that the user is practicing the methods in accordance with the invention.

Please rewrite the paragraph beginning on page 9, line 7 as shown in the following amended paragraph:

The fabrication process begins with the milling of the slot **30** which is adapted to receive a weight-bearing cable **100** of a cable-type weight training

apparatus **200** into each incremental weight in accordance with the invention. Subsequently, the center opening **20** that is adapted to receive a standard ~~olympic~~ barbell is machined into each incremental weight **10**. Finally, each incremental weight **10** according to the invention is precision machine ground to the exact weight desired. Each incremental weight **10** is weighed on a digital scale in order to ensure accuracy. Preferably, the incremental weights **10** of the invention are within one gram of the specified weight. More preferably, the incremental weights **10** of the invention are within one half of a gram of the specified weight. Most preferably, the incremental weights **10** of the invention are within 0.003 grams of the specified weight.

G13

Please rewrite the paragraph beginning on page 9, line 19 as shown in the following amended paragraph:

An incremental weight system in accordance with the invention generally includes a plurality of incremental weights ranging in weight from about one quarter-ounce to about thirty two-ounces, wherein each incremental weight comprises a thin disk having a center opening adapted to receive a standard ~~olympic~~ barbell and a slot adapted to receive a weight-bearing cable of a cable-type weight training apparatus. The plurality of incremental weights comprises at least one half-ounce weight, at least one one-ounce weight, at least one two-ounce weight, at least one four-ounce weight, at least one eight-ounce weight, at least one sixteen-ounce weight, and at least one thirty two-ounce weight. The plurality of incremental weights may further comprise at least one quarter-ounce weight.

G14